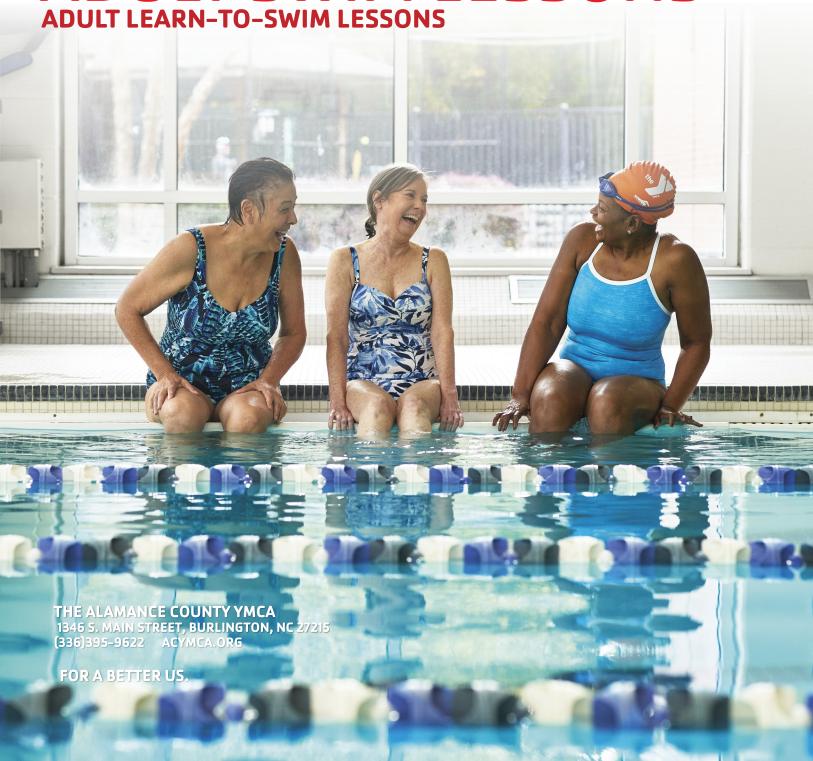




STRENGTH STARTS HERE ADULT SWIM LESSONS ADULT LEARN-TO-SWIM LESSONS





Adult Swim Lessons 2022 ALAMANCE COUNTY YMCA

Whether you are an adult who has some fear of the water or a triathlete or lap swimmer wanting to improve your technique, our adult swim lessons are designed to help you accomplish your goals. Y instructors will work towards your comfort in the water first and then encourage you as you advance through the skill progressions.

Class Schedule:

Class Day:	Class Time:	Class Dates:
Mondays	6:30-7:15pm	09/12-10/31

Fee for 8 (45 minute) Lessons:

Y Members: \$90 Non-Member Participants: \$105

Here's what you need to know:

- Adult classes are designed for ages 15 and older
- Please arrive no earlier than 5 minutes prior to the start of your class
- Swimmers should come in their swim suit and leave in their swim suit if possible. Remember to bring a towel!
- If you or anyone in your house is showing signs of illness, DO NOT COME TO SWIM CLASS.

Make-up classes are not offered for lessons missed. Make-up classes for lessons canceled by the Y are not quaranteed. **Any requests for refunds must be made 2 weeks prior to the start of the session**.

Registration is available on line at www.acymca.org/programs. Registration may close five days prior to the first day of class so register early!